

# TYPE TWO



**Twos** want to be liked by those they want to like them, try to meet the needs of others, and attempt to orchestrate the people and events in their lives.

## Four Questions

If you answer Yes to three or four of these questions, your likely Enneagram is type Two.

1. Are relationships extremely important to you and always have been?
2. Are you really good at asking people questions as a way to get to know them better?
3. Do you continuously read other people's verbal and nonverbal communications and do this intuitively and accurately?
4. Are you an optimistic person, particularly when thinking about other people and their potential?

**Strengths** | empathic | supportive | motivating | warm

**Development areas** | accommodating | indirect | angry when unappreciated | overextending

Twos search for appreciation and avoid feeling unworthy. Symbolized by this gift they continuously want to offer others, the gifts that Twos give contain something they believe the other person wants or needs: attention, resources, time, an object the other admired, a poem or a kind word, advice, or even a surprise.

Optimistic, generous, and emphatic, Enneagram Twos focus on the needs and behavior of others far more than on their own needs and desires; they develop an intuitive ability to know how to best support others in achieving their dreams or in minimizing their suffering. It can be misleading to think that all Twos want everyone with whom they come in contact to like them. A more accurate understanding is that Twos want, and even expect, the people they want to like them to respond favorably, but care far less – if at all – whether people they dislike find them appealing. What is true of almost all Twos is that they can become extremely distressed when someone whose opinion or affection they care about perceives them in a negative way.

Most Twos appear warm, are good listeners, and offer advice that they hope and expect others will take. Some Twos appear vulnerable, even childlike as if needing protection; other Twos exhibit more assertiveness, focusing their efforts to help or move groups or institutions in a forward direction; and other Twos derive their sense of value and importance by being desirable and indispensable to special individuals in their lives.



Twos tend to engage with others in a consistently warm way, usually asking questions of others more often than talking about themselves. While most Twos have well-developed interpersonal skills, they can also become self-effacing and uncomfortable when the focus is primarily on them.

**While we can all be thoughtful and want others to value us, for Twos, the search for appreciation and the avoidance of feeling unworthy is their primary, persistent, and driving motivation.**

## Core development areas

- Acknowledging that you have needs and desires, and focusing more on taking care of yourself and less on catering to the needs of others
- Finding an internal basis for self-esteem rather than making your self-worth dependent on the reactions of others
- Integrating dependence and autonomy in both your personal and professional relationships

## Three great development ideas

**Engage in solo activities that allow you either to reflect or to do nice things for yourself (self-nurturing).**

When alone, Twos have a tendency to maintain contact with others through e-mails, phone calls, or even just thinking about someone else. Time spent truly alone will give you the chance to pay more attention to your inner experience instead of continually diverting your focus to others.

**Becoming more aware of your feelings can lead to greater clarity about your true needs.**

Ask yourself what you need repeatedly until your answers become deeper. Or, ask yourself the simple question, What am I feeling right now? and explore your answer in depth. This latter question is important because Twos tend to repress their feelings — that is, when they have a feeling, they may either not acknowledge it or they may underestimate its depth and intensity.

**Examine the ways that you give in order to get something in return.**

Make a list of everything you have done for other people in the last week, whether it was bringing someone home from the hospital or listening to someone for a longer time than you may have desired. Next to each item, write down what you wanted in return. Continue this list for several weeks. You may find that your behavior changes simply as a result of your becoming more aware of giving to get. If not, then reflect on the price you pay for continuing this behavior.